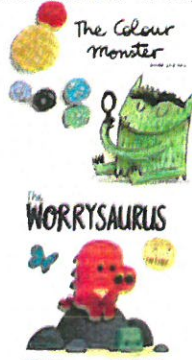

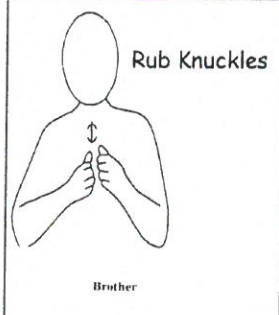



# This week in Chestnut – *Children’s Mental Health Week*

We are here to help. If you have any questions or concerns, please talk to your child’s keyworker or any of the staff.

<p><b>Books of the week:</b> The Colour Monster Worrysaurus</p> 	<p><b>Rhyme of the week:</b> If You’re Happy and You Know It</p> 	<p><b>Sign of the week:</b> Brother</p> 	<p><b>Happy Thought of the week:</b></p> 
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## Learning opportunities:

We will be:

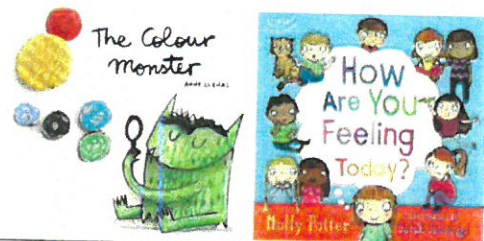
- Taking part in guided meditation.
- Using our creative skills to create our own furry Colour Monsters.
- Using our imaginative skills to create potions to help us feel happy.
- Listening to calming music and talking about how it makes us feel.
- Sharing PSED stories and reflecting on our own experiences.
- Talking about strategies to deal with challenging situations.



## Help at home:

### Talk about feelings

Building a good understanding of emotions when children are young helps them relate to others and manage their own mental health later now and in the future, as more complicated emotions arise. Try asking your child to describe how they are feeling and follow up with open questions about what’s happened to make them feel this way. For example; ‘Tell me about how you are feeling?’ or ‘What has happened to make you feel like this?’ Talking will help your child process their feelings and make sense of them. There are lots of really useful books in our lending library to help you develop your child’s emotional literacy.



## Dates for your diary:

**Week commencing 3<sup>rd</sup> February**– Children’s Mental Health Week.

**Friday 7<sup>th</sup> February** – NSPCC Number Day

**Friday 14<sup>th</sup> February** – Nursery closes for half term, re-opening on Monday 24<sup>th</sup> February